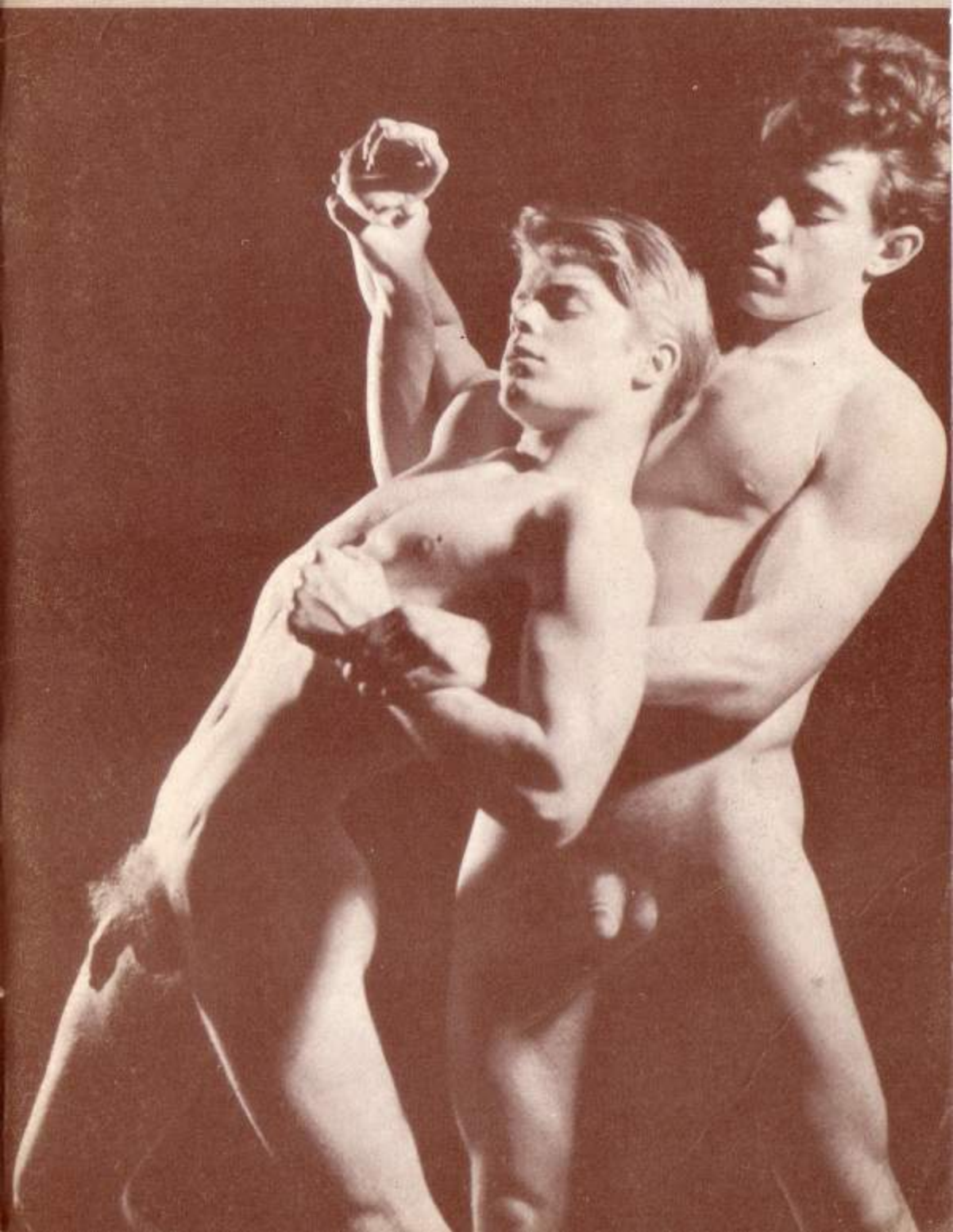
DSI

ISSUE ONE

BOYS



BOYS

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the male figure
in photo
with pertinent
commentary

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Thank you

for your purchase of this portfolio, which features undraped photographic studies of the male figure.

This portfolio has been published to provide a collection of photographs to be used by the artist and art student in his studies of male anatomy and posing of the model. This portfolio will be of special benefit to the person who cannot readily obtain models to pose for his work.

Please let us hear from you as to how these photo studies help you with your work. If there are other poses which we do not presently offer that would be useful to you in your art work, please tell us. It is only with your suggestions and comments that we can provide the service you want.

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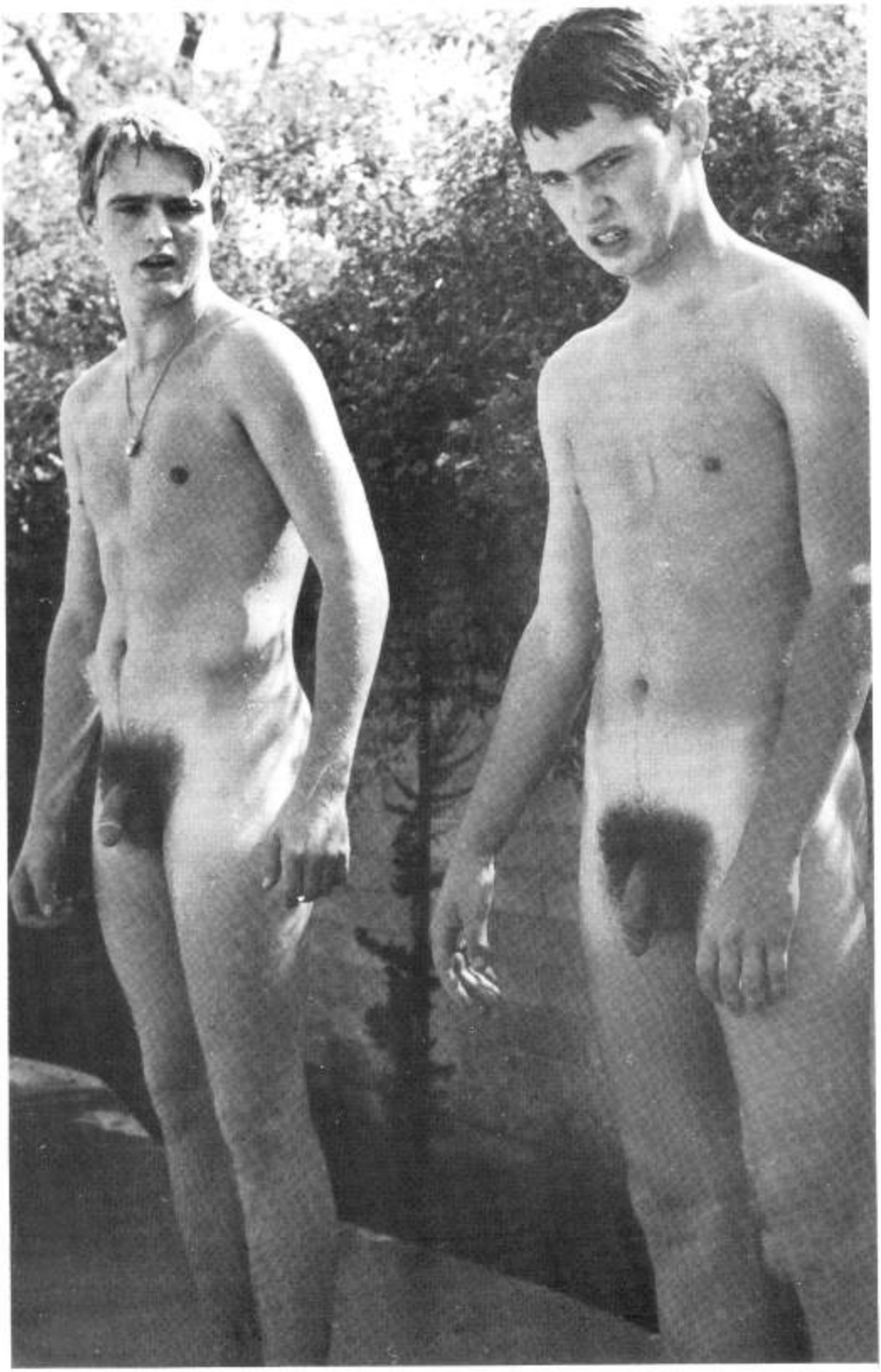
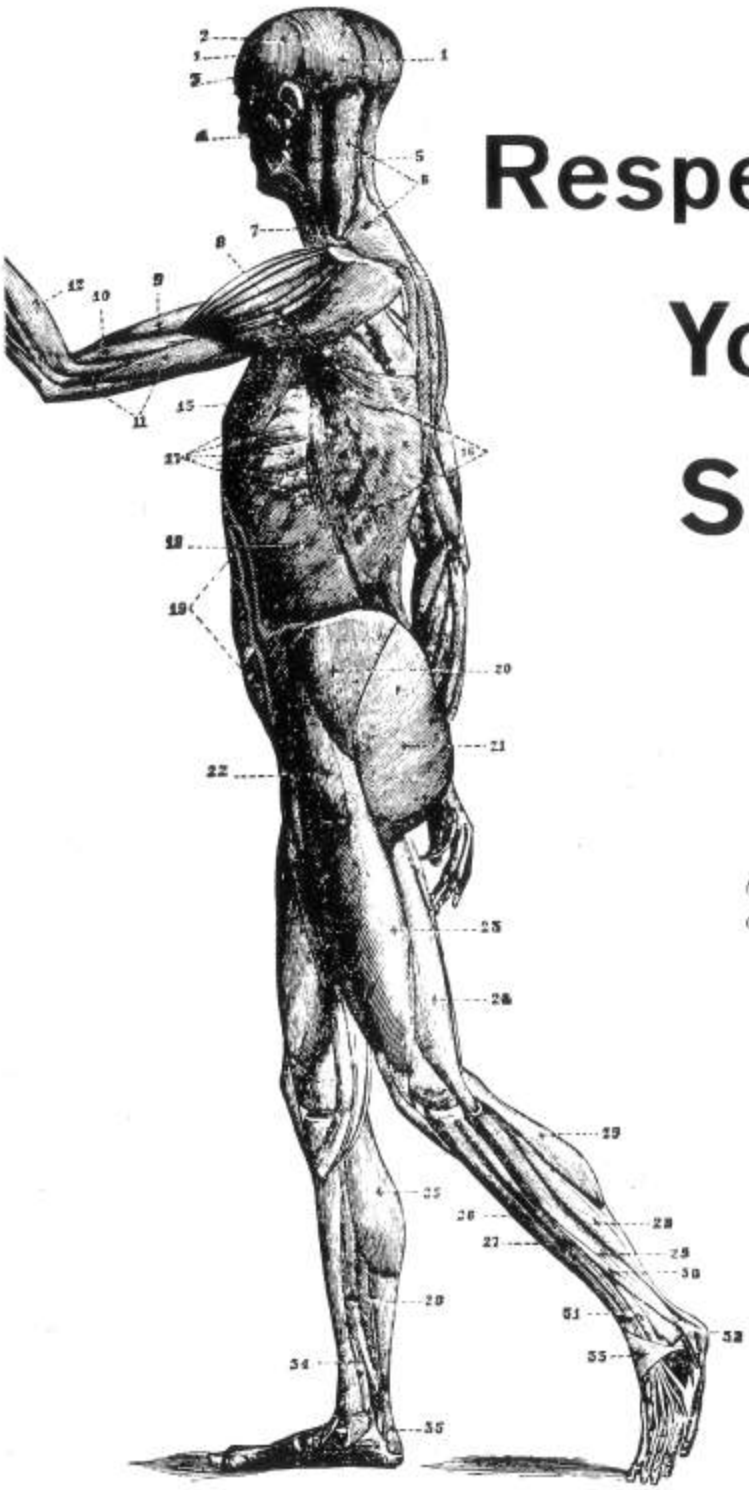
The commentary accompanying the photographs in this portfolio is offered in hopes of helping to bring about a world wherein man will, from the moment of birth, accept himself – not with guilt and shame; but with esteem and serenity – in his totality as God made him.





Respect Your Skin

(continued on page 6)

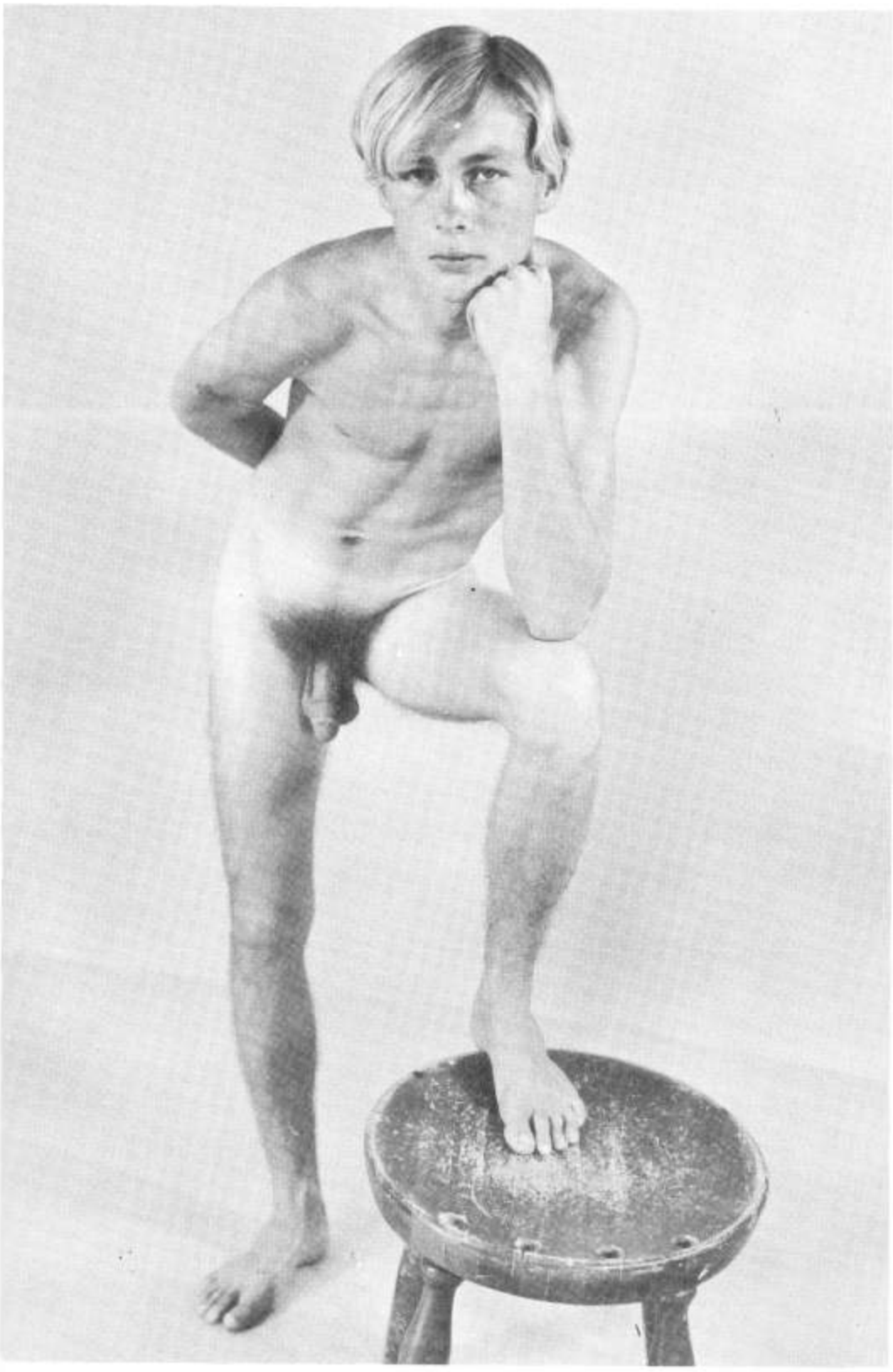
(continued from page 5)

Which is the most important organ of the human body? The question starts a whole train of considerations. It is obvious that several of our organs are essential to life itself: the heart, liver, brain, kidneys, and lungs (at least one of each). These are usually referred to as the vital organs without any one of which life could not continue. Other organs are more or less essential to sound biological existence but within limits may be partially or wholly removed without producing death.

In thinking of the various organs, the skin is seldom accorded company with such important body members. But a full consideration of the facts justifies the conclusion that if any one member of the body can be referred to as the most important, that credit may be claimed by the skin - certainly so if we make that term apply to the internal as well as to the external skin. To see the meaning of this remark, let us remember the early stages of our development. The single egg cell divides into two, then four, eight, sixteen cells. A further growth produces a rounded mass of cells in shape more or less like a mulberry, and made up of three layers of cells; the entoderm, the mesoderm, and the ectoderm. The latter develops into the skin and carries all the distal, sensory apparatus of the body. By an indentation of the ecto-

derm, more or less similar to the indentation in a blackberry, which proceeds until a tube is fashioned clear through the embryo, the intestinal tract is formed, and this, from one end to the other is an unbroken continuation of the external skin which becomes modified and specially adapted to perform certain internal functions not so fundamentally different from the external skin as might at first appear. The external skin exudes perspiration, the internal skin exudes mucous and certain special digestive juices; the external skin gives rise to hairs, the internal skin to cilia; the external skin has not completely lost its capacity to breathe which in those highly infolded sacs of the internal skin, the lungs, is developed to a highly specialized function - and the analogies could be carried further.

Nor should it be overlooked that in the embryonic development, our hearing, seeing, smelling, tasting, feeling, in short, our entire sensory apparatus including the spinal cord, the brain, and the nerves is but an infolding and specialization of the skin. Viewed in this inclusive light, it would indeed be difficult to deny to the skin a certain primacy among the organs of the body. And even when we limit our consideration of the skin to the outer or cutaneous covering of the body, these relationships and ramifications just indicated cannot be wholly overlooked and disregarded. Basically, the cutaneous membrane is tied in



to many functions and services, has a greater mutliplicity of duties to perform than any other single organ of the body - in fact, the skin itself is not a single organ but a great organic complex as you will soon see.

Perhaps we should not mention it but the skin is what makes us good looking. Without this elastic, velvety covering, a gorgeous, ruddy bronze coat when nature has her way with it, we should be shorn of all possibility of beauty and attractiveness. The women do not do wrong when they recognize that beauty is only skin deep and that if they would look attractive they must take care of their skin. Only they should pay more attention to keeping the skin in a healthy condition than in trying to conceal its defects, for a healthy skin is always a beautiful skin. A woman's complexion has spelled all the difference between poverty and fortune. And the same is true of men also. A face pleasing to look upon, graced with a glowing, healthy complexion, will gain entreee and attention in a thousand places where a belmished, marred, eruptive, or putty face could never gain favored consideration. There are dollars in a good complexion - at least many a good complexion has cost plenty of good dollars. But it need not be so. By simple care a maturing person may retain the complexion of his or her youth. Were we dealing with bodily beauty alone, we should have to accord to the skin the first place of importance.

As a protection against disease the skin is again in first place. It is more able to win its antibacterial action than ever the white blood corpuscles, those scavengers of our stream of life. Recent tests have proved that bacteria placed upon clean (sterilized) skin soon lose their potency as a source of danger and contamination. A break in the skin, however, opens a wide gate through which infectious bacteria may gain entrance to the body tissues and set out upon their destructive work. The readiness with which any minute abrasion, a pin scratch, a pimple head, or cut may become infected gives some indication of how generously the skin is always more or less covered with bacteria.

The third most important feature of the skin is its function as an organ of elimination. It is second only to the kidneys as an eliminator of toxic and non-usable material from the blood stream. Each tiny sweat gland is itself a miniature kidney. At the bottom of the pore duct lies a knot of capillaries surrounded by a group of glandular cells of selective capacity. With unerring accuracy these cells extract from the blood its waste materials and exude them through the pore ducts onto the surface of the skin in the form of sweat. When the body is working hard, circulation is greatly increased, heat is generated, the exudation is greater, the pores expand and perspiration streams out upon the skin where evaporation tends to cool the skin

and maintain an even body temperature. When the exterior of the body is cold, the pores reverse the process. A million tiny orifices close up, conserving the body heat, again maintaining body temperature at its proper level. In short, the skin serves as the automatic thermostatic control of the body and in its normal functioning is as accurate a piece of control machinery as the electric thermostatic control which keeps our house within a few degrees of any desired temperature. This explains why and how the body is capable of withstanding wide extremes of temperature without harm, even though it be entirely unclothed, as is abundantly evidenced by the nudists who expose themselves nude to summer heat and winter cold without incurring colds.

The skin is also abundantly supplied with sebaceous glands that exude the oil and grease so essential to a smooth and flexible skin. A deficiency in oily exudation leaves the skin dry and scaly, a condition that often calls for the application of an oily lotion to make good the deficiency of nature's supply. The sebaceous glands are found at one side of the hair follicles and it is their proximity to the hair which often imparts an oily condition to the scalp. This natural oil is an important adjunct to a healthy skin and while an excess amount of oil may be removed without injury, it is unwise to use alkaline solutions or even hot water for the too fre-

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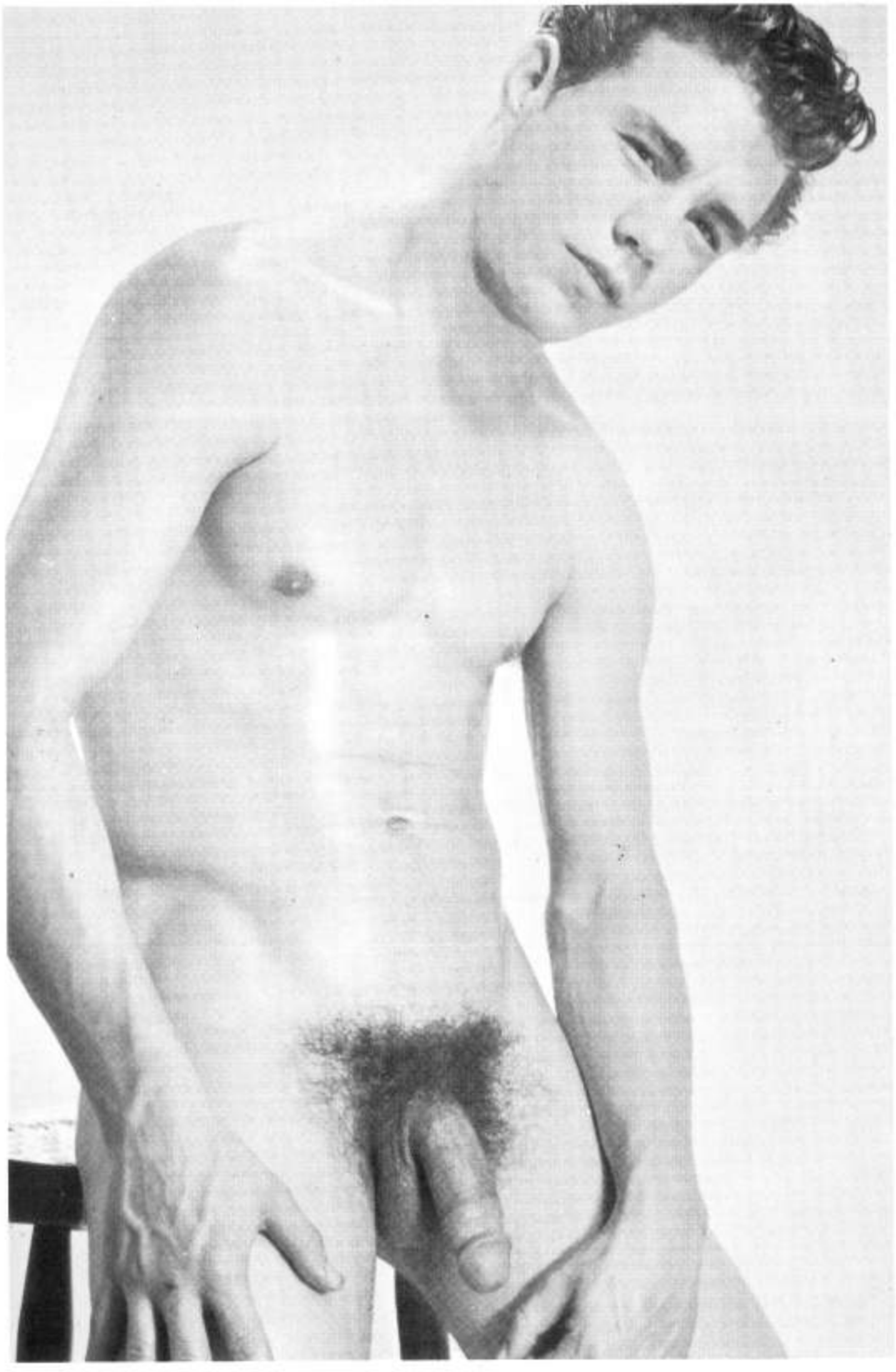

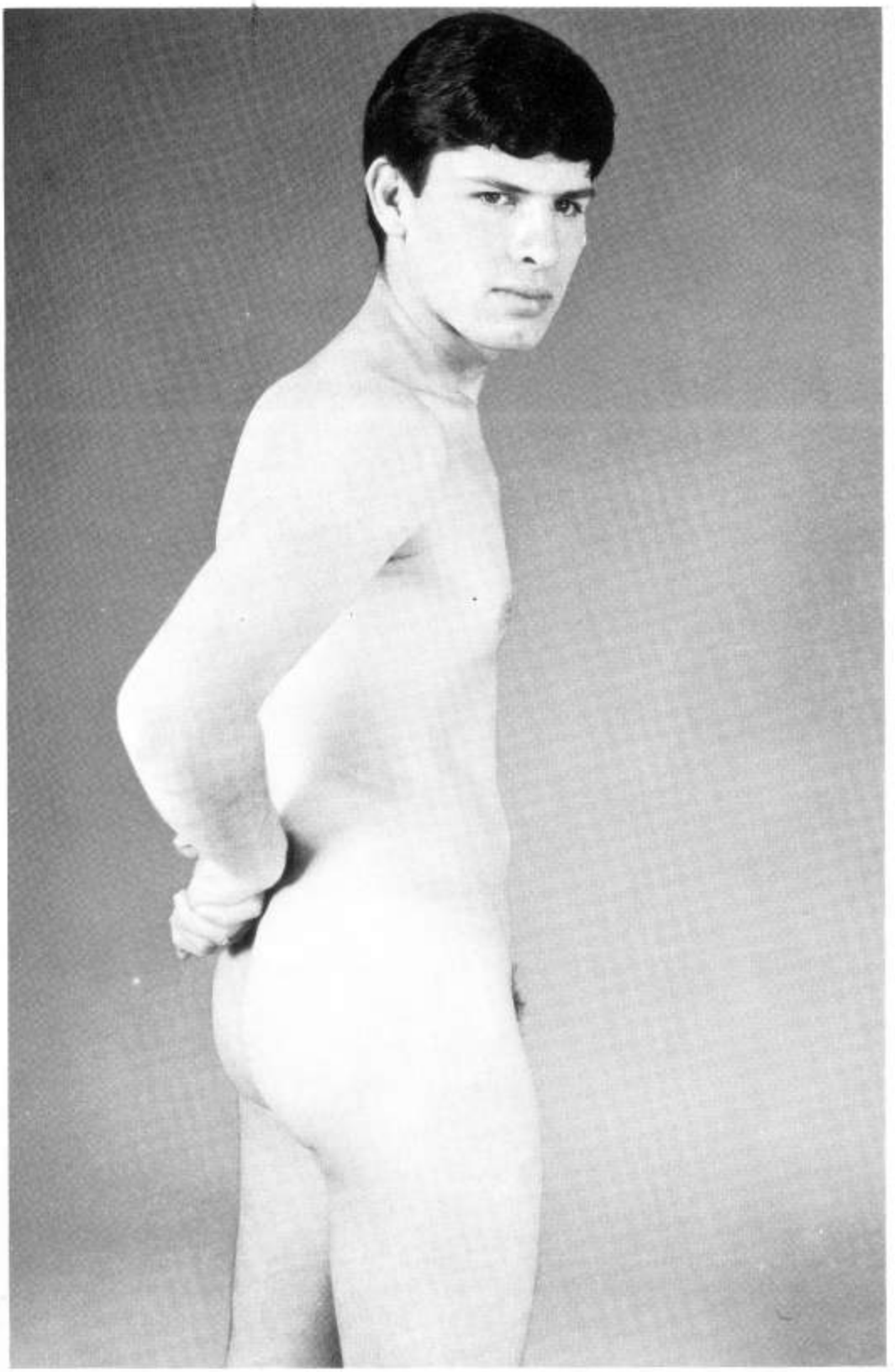

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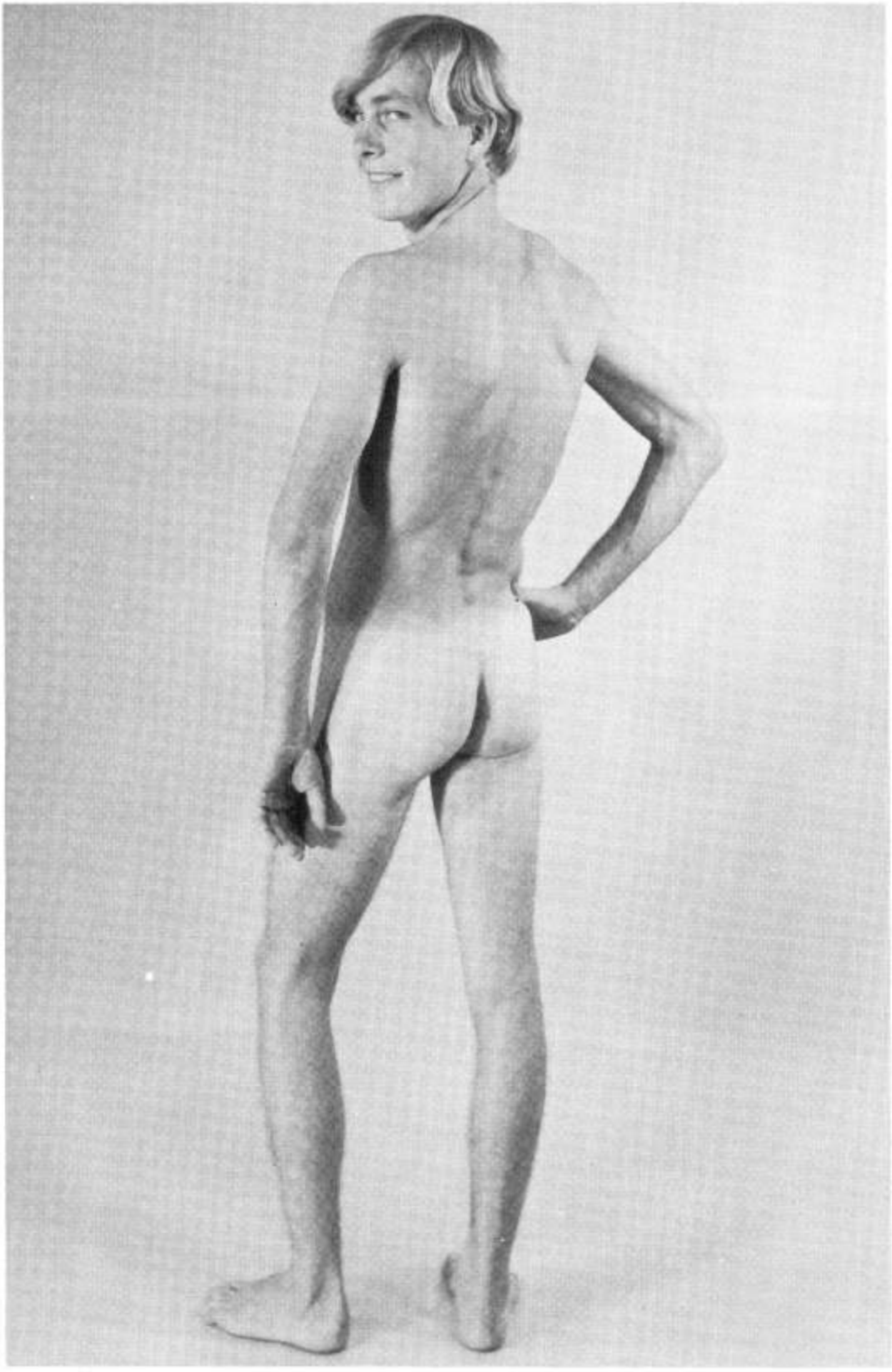
quent removal of this natural product.

It is not generally recognized, not withstanding much publicity by a certain soap manufacturer, that every individual has his or her particular body odor. The human olifactory organ has degenerated as the sight and hearing and intelligence have improved, so that today we are practically unaware of the body odor of humans except when once in a while it is forcibly brought home to us. It has even been demonstrated that different areas of the skin have their own distinct body odors. These were not designed to be offensive - in fact, in most cases, the lighter body odors are presumably attractive and serve a useful purpose in arousing personal likes. But the heavier body odors and their accumulation on the skin along with other unremoved epidermal wastes, may become exceedingly repulsive. "B.O.", like halitosis, is seldom observable by the subject himself and hence the only safe way is a bath a day.

Another and most important function of the skin is to serve as the organ of the tactile sense. This is the most extensive sensory function of the entire bodily organism; indeed, from a genetic point of view, it includes all the other senses. Many thousand nerve terminals are imbedded in the skin, distributed with a regularity and nicety that puts a giant telephone switchboard to shame. In the ends of the fingers these terminals are arranged in a close order, perhaps a fiftieth



of an inch apart while between the shoulder blades they are often from one-tenth to one-sixth of an inch apart. An interesting experiment is to blindfold a person and then impress the sharp points of a pair of scissors on different parts of the body, noting how far apart the scissors points must be separated before the subject recognizes two points instead of one. If the subject is sensitive and a careful experimenter, the results of the experiment will indicate the approximate separation of the nerve terminals in the several cutaneous areas tested. Every hair is closely associated with one of these nerve terminals, the extreme sensitivity of which is made clear when any single hair is touched ever so lightly.

This sense of touch is also related to the sexual sensory reflexes. Holding hands, putting cheek to cheek, snuggling the face against the body, touching skin with skin is very often a pleasing experience even if not a highly exciting one. "The skin you love to touch" - for so long an advertising slogan - is an appeal to one of perfectly normal erotic reaction. The sexual significance of the skin's tactile sense, while only of secondary importance, is to be recognized in any discussion of the complex sensory functions of the skin.

The tactile sense of the skin is highly specialized in certain areas where it gives rise to the four special senses of taste,

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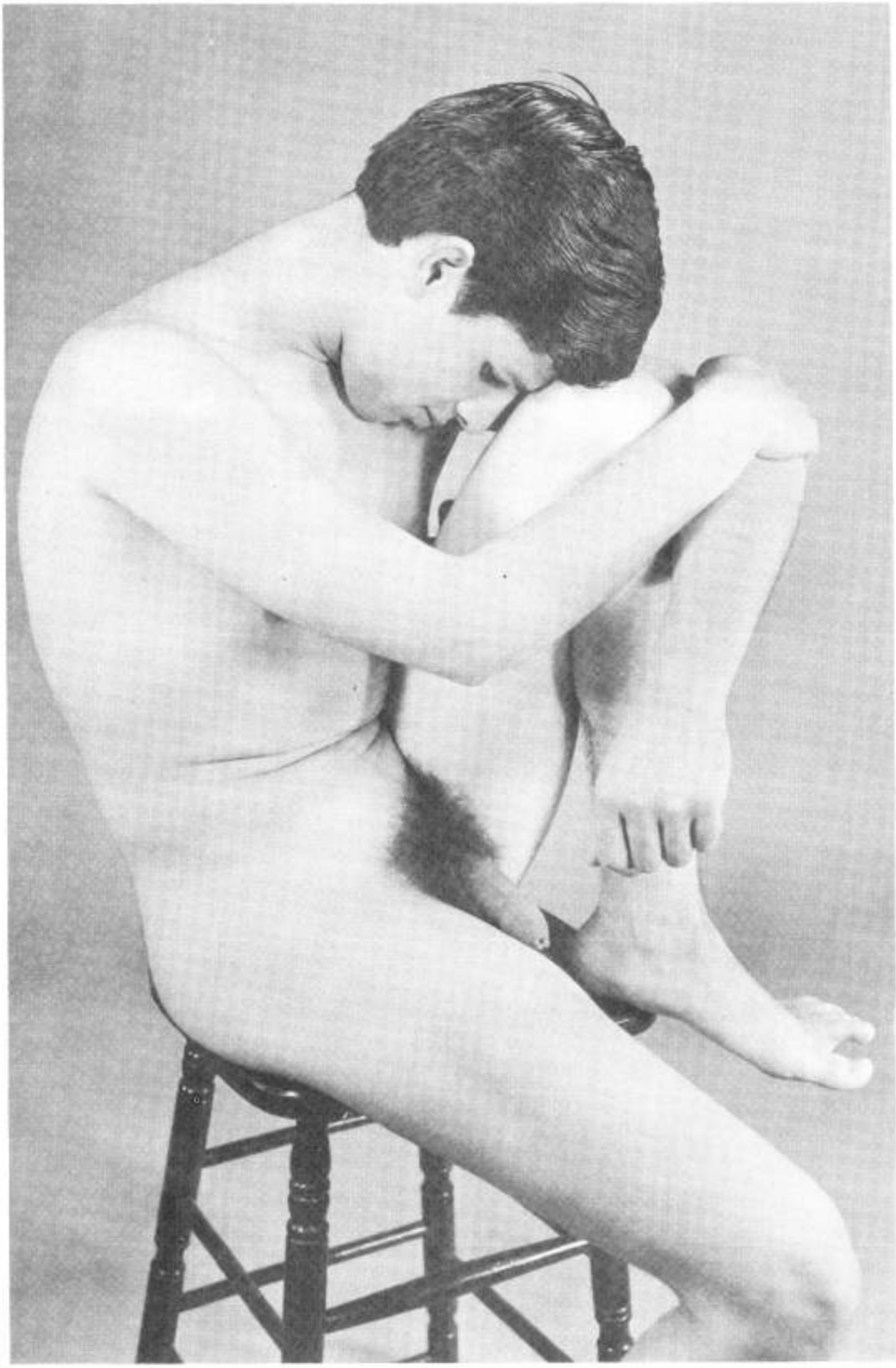

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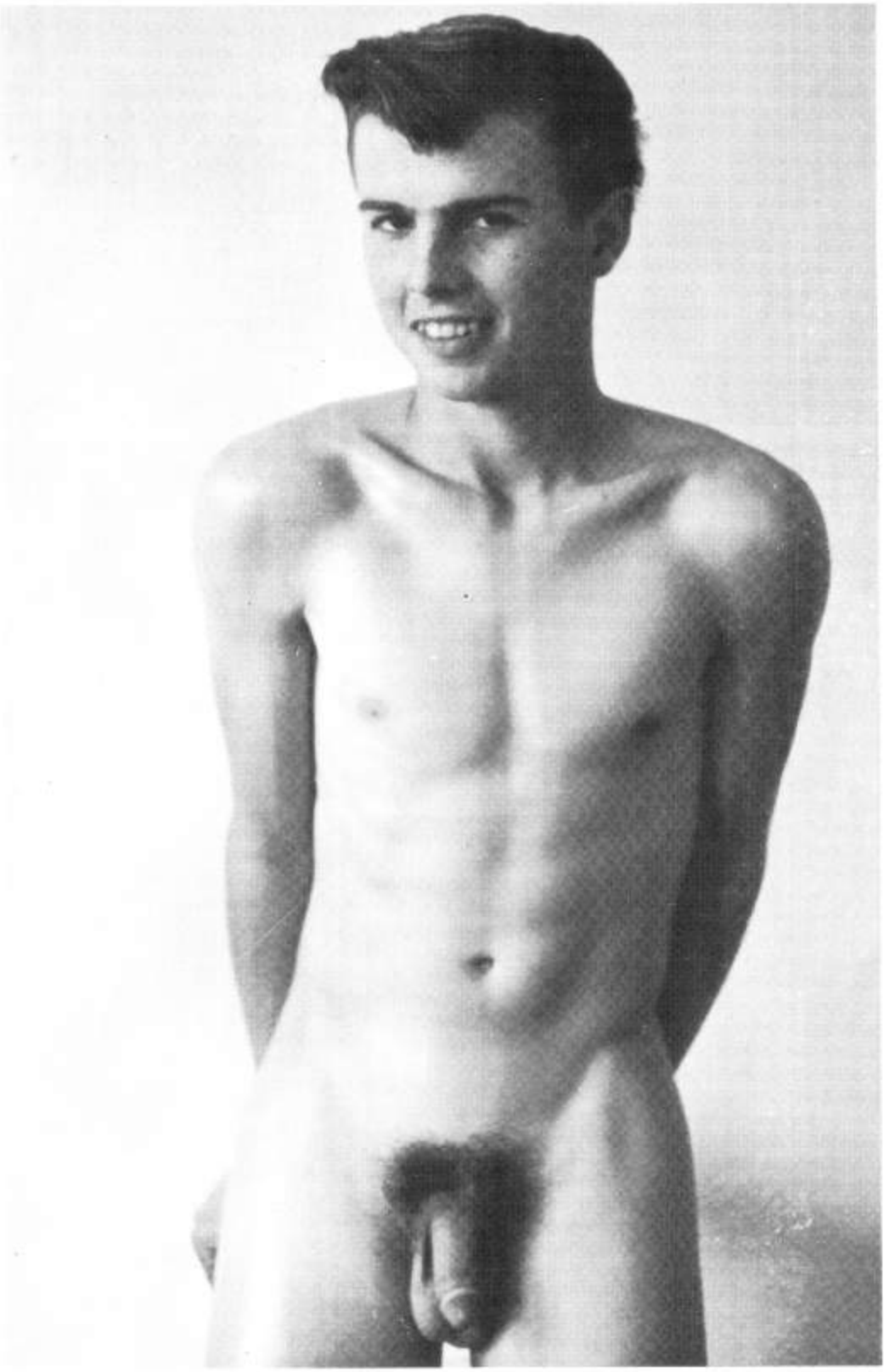
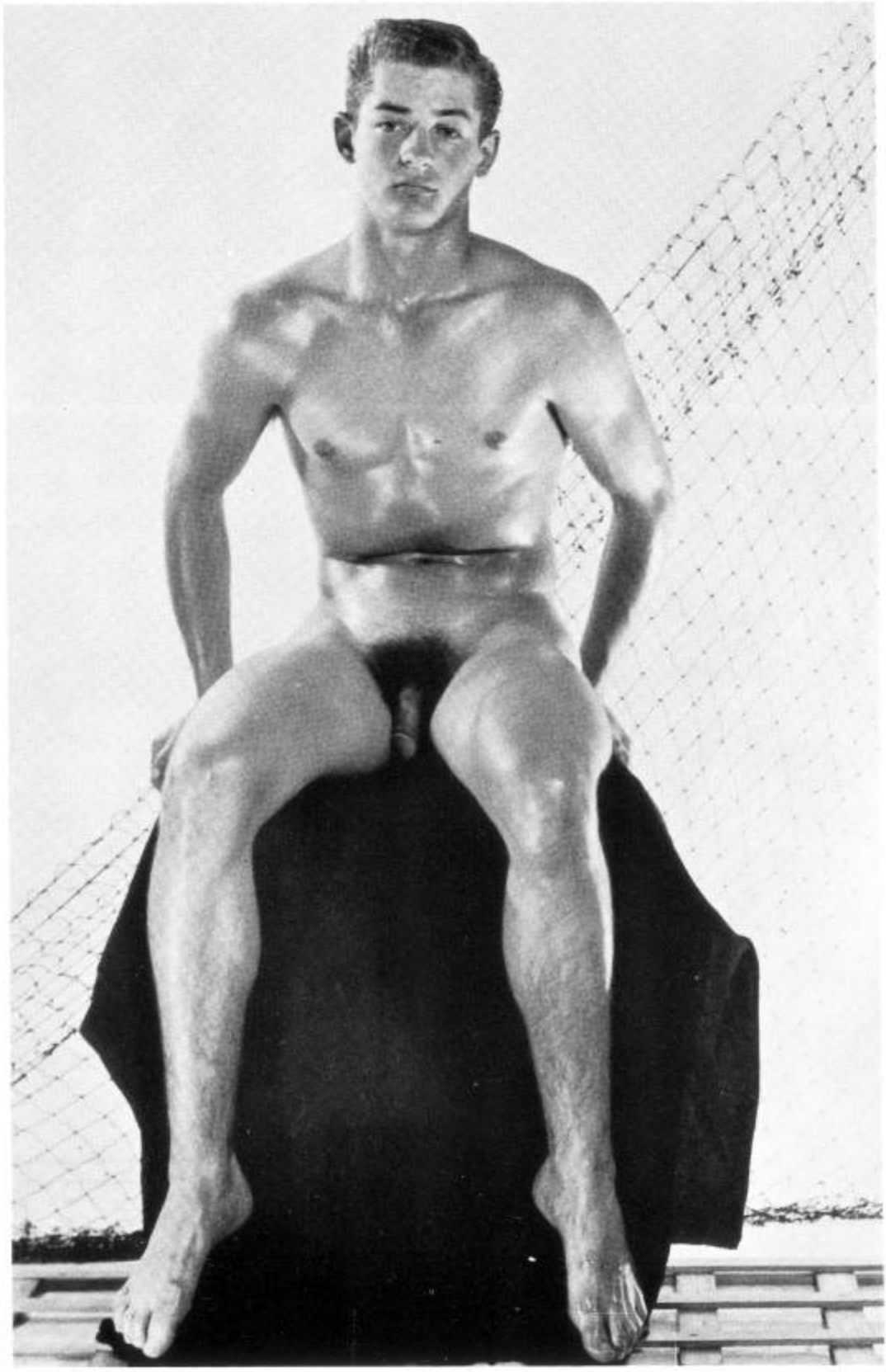
smell, hearing, and sight. In the sense of taste, the tactile terminals have been gathered into the taste buds, where they have learned to distinguish between certain chemical reactions in the presence of liquids. Solids are never tasted. In the membranes of the olifactory organs, the nerve terminals are specialized in that they sense contact with pollen dust, aromatic globules, and possibly other types of irritants. In the ear the nerve terminals of the cochlea are sensitive to mechanical irritations set up by the varying pressures of sound waves; while in sight, the nerve terminals in the rods and cones of the retina are activated by the varying electric excitations known as light waves. The four senses of taste, smell, hearing, and sight are but highly specialized development of the tactile nerve terminals all over the skin.

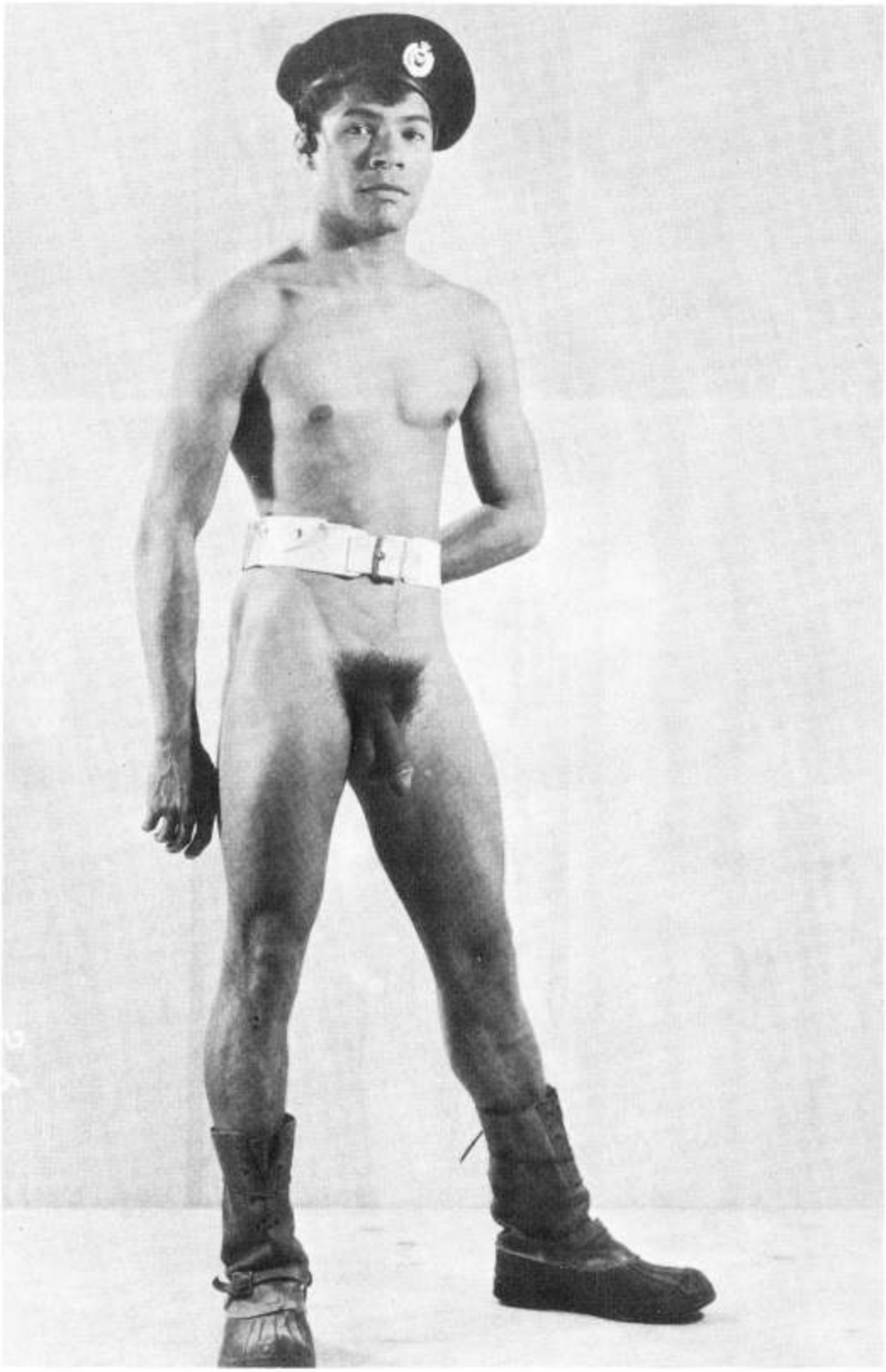
Finally, our skin and its relation to the most important of all the vitamins, vitamin D, is of an entirely different order than all the characteristics and functions heretofore considered. In this regard the normal skin serves as a ray screen filter, letting into the fatty ergosterol, which lies just below the epidermis, only as much of the ultra violet rays as the body needs and no more. Note that we say the normal skin, by which we mean the skin browned, tanned, bronzed as it is by nature when left to the tender caress of light, air, and sunshine. That is the normal skin, and it is by nature just the sort of

a ray or light filter as we have described. When man first begins to cover himself, the body quickly senses its deprivation of vitamin D, that is, of ultra-violet light, and immediately sets about to lessen the density of its protective tan. It bleaches and whitens until it assumes a chalky whiteness. It is a sick skin, incapable of functioning as it should. The normal metabolism falls off and the efficiency and energy of the body is cut down. If this condition is made more acute through living in dark houses, poorly lighted tenements, the diseases of darkness and deficiency begin to manifest themselves - rickets, osteoporosis, tuberculosis, anemia, and kindred maladies. All too often recent writers have emphasized sunbathing is dangerous. The assumption is that the pale anemic skin is normal and the tanned skin is an improvement on the normal. The exact reverse is the truth. The tanned and bronzed skin is normal and the bleached skin of the clothed people is abnormal and inferior. Vitamin D, ergosterol, ultra-violet rays, and pigmentation of the skin are an intimate chain very directly related to metabolism, biological efficiency, energy, mental happiness, and the diseases of deficiency, darkness, and depression. The evidence on these matters is both voluminous and conclusive.

Take care of your skin; you are the architect of your body - build it for one hundred years of happy, efficient service. ●







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